

# **DELHI NETWORK**

MARCH 2000



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# Delhi Network

## Board Members

### Executive Committee

President	Sue Lohage (acting)	6223344
Vice President	Asha Nanavati (acting)	601-8162
Secretary	Barbara Holm	680-3766
Treasurer	Symran Wasser	98100 92725

### Committee Chairpersons

Blood Donor List	Candy Gilmartin	614-8382
Charity	Minnie Butalia	649-5251
Diplomatic Liaison	Leena Hanevold	688-5508
Handbook	Laura Zylstra	462-3089
Medical	Clare Williams	687-2161
Membership	Sue Lohage	622-3344
Newcomers	Geraldine McKenna	614-1393
Newsletter	Vicki Fennessy	506-6664/5
Office Manager	Sandra Buhler	614-3115 (Office 679-1234 ext. 1505)
Programs	Jackie van Ommen	680-2136
Social	Asha Nanavati	601-8162

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Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

Dear Delhi Network Members,

*Happy Spring season everyone. It is just divine right now, so make the most of it. I'm really not looking forward to the dry, parched flower beds that will be shortly coming up. The UNWA House and Garden Tour held at Sainik Farms and the Rajokri area was gorgeous (the fat, healthy Friesian cows at one farmhouse were a particular treat) as were the Moghul Gardens at Rashtrapati Bhawan.*

*Thanks to Erika for her delightful piece, talking about two of my favourites – woodpeckers and parakeets. There is so much birdsong going on in our garden at the moment, I wish I had Erika standing right next to me to identify the different songs!*

*We have a rather long piece on Chandnichowk which we hope you will get some use from, as well as a lot of our regular articles. Check out page 5 to see the wonderful people who are standing for the executive committee today. As we are also putting the bylaws up for presentation again, it will be a business meeting today, but never mind, next month will be super with what has been planned for the launch of the combined AWA/Delhi Network cookbook. Don't miss it.*

*Please be sure to check the ad on page 4 – as I have come from Indonesia, I can vouch for the wonderful furniture coming from that area, I've got a houseful. I haven't seen this particular furniture, but it must be good too.*

*Naturally, we thrive on articles we receive from our members, on any topic whatsoever (well, almost!) If there's something you'd like to share with us, please drop it off at the office.*

*The newsletter editor can be reached by phone or by email:*

*Vicki: [vfennesy@hotmail.com](mailto:vfennesy@hotmail.com)*

*VF/The Editors/March 2000*



Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is normally Rs 300 but is halved from February. You can become a member at any monthly meeting or at the Delhi Network office. If members miss a meeting, they can get a newsletter from the Delhi Network Office at the Hyatt for Rs 50.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter.

# From Your President

## FROM YOUR (ACTING) PRESIDENT

The March meeting is our annual business meeting where we hope to resolve the bylaws, which appear to have become somewhat of an issue with some of our members and also elect our Executive Committee for the next twelve months.

The inception of Delhi Network was approximately ten years ago, and I am positive that during this period, hundreds, if not thousands, of newcomers to Delhi have said a big "Thank you" for all the help and support that has been available, and for the friendship extended to them by their fellow members. I, for one, have certainly benefited from the existence of Delhi Network. I think we should extend our gratitude to the founding committee and to all the people who have voluntarily given of their time and expertise over the years.

As a non-profit organisation, whose main purpose is to support the expatriates living or working in Delhi we must not lose sight of why Delhi Network exists, and we must ensure that we do not get side-tracked by other issues that perhaps are not so relevant to the well-being of Delhi Network as a whole. For the majority of our members the monthly meeting is the place to catch up on news, have a chat and a coffee with friends and see what the vendors have to offer! We do not want our membership to decrease due to the monthly meetings being no longer enjoyable and welcoming to all.

Once the new Executive Committee has been elected we must give them our full support, to ensure that Delhi Network prospers and fulfils its role for our community.

Sue Lohage

You are cordially invited to.....

### *A special coffee morning*

Topic: Pamper yourself with a makeover by **Oriflame**, a Swedish cosmetic and skin care company

Venue: Senate Room , Hyatt Regency Hotel

Date: April 11, 2000

Time: 10 am - 12 pm


Join us for an exclusive session on skin care, beauty recommendation treatment, and day and evening make up demonstration.

Demonstration by Vidya Tikari , a renowned Make up specialist.

Please RSVP by giving us a call at the Delhi Network office: 6791234 x.1505

*Don't miss the fun!*



Neighbourhood Co-ordinators			Support Groups by Nationality
Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.			<p><b>American Women's Association (AWA):</b> American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Bridget or an AWA officer.</p> <p><b>Australia and New Zealand Association:</b> Call Rose McCarthy 687-3813</p> <p><b>British Expats Group:</b> Contact Sylvia Johnson on 460-3851.</p> <p><b>Nederlandse Vereniging New Delhi:</b> Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951 (off)/614-9704 (res).</p> <p><b>NLRA (Nordic Association)</b> Contact names: Helena Sagar (Sweden) 614-9611 Anne Laipil (Finland) 614-4602 Kirsten Callinggaard (Denmark) 689-2401 Nina Husemoen (Norway) 621-8999 A forum where the Nordic community meets, socialises, and exchanges experiences in an informal atmosphere.</p>
AREAS	CO-ORDINATOR	PHONE	
Vasant Vihar/ Vasant Kunj	Nora Twycross	612-2318	
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819	
Chanakyapuri Barakamba Road	Vacant		
Greater Kailash I & II Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok	Vacant		
Jorbagh/Golf Links/Sunder Nagar Prithviraj Road/Aurangzeb Rd.	Vacant		
Pansheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Vacant		
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Josephine Feasey	693-4128	
Sainik Farms	Martine Walsh	696-0829	
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365	
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Alicia Odedra	506-4777	
For more information, please contact Geraldine McKenna on 614-1393.			

<p><b>Chattarpur Chatters</b></p> <p>1. The next monthly meeting will be held April 3rd at the home of Hema Pant. Please call Monica Modak, Pachi Kirpalani or Hema to let them know if you will attend.</p> <p>2. We will be having a ladies luncheon at Italianni's restaurant, located at the Radisson Hotel. We will meet on Wednesday, March 22 at 12.30. If you would like to attend, please call Bridget Rasler on 680-9218 or 9810030587, Monica Modak on 6809365 or Pachi Kirpalani on 680-2469.</p> <p>3. A potluck dinner has been planned for Saturday, May 6 at the home of Bridget Rasler. Please call Bridget if you would like to attend.</p>
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<p><b>THERE ARE FIVE VACANCIES FOR NEIGHBOURHOOD LEADERS. IF ANYONE WOULD LIKE TO VOLUNTEER A LITTLE OF THEIR TIME TO GET TOGETHER THE PEOPLE IN YOUR AREA, PLEASE CONTACT GERALDINE MCKENNA OR SUE LOHAGE. IT IS NOT DIFFICULT AND VERY REWARDING AND OH SO NICE TO VISIT FOLKS IN YOUR OWN AREA SOMETIMES RATHER THAN ALWAYS DRIVE ACROSS TOWN!</b></p>
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Esquire Agencies Presents

# I WOOD

**Exhibition cum Sale on the 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> of April 2000 of  
Imported Indonesian furniture in  
100 % Teak and Mahogany Wood**

**Items include:**

- Coffee Tables & Chairs
- Benches & Side Tables
- Dining Tables & Breakfast tables
- Foyer Tables complete with mirrored glass.
- Dressing Table & chest of drawers
- Writing Desks
- TV cabinets and Sofas in ethnic designs

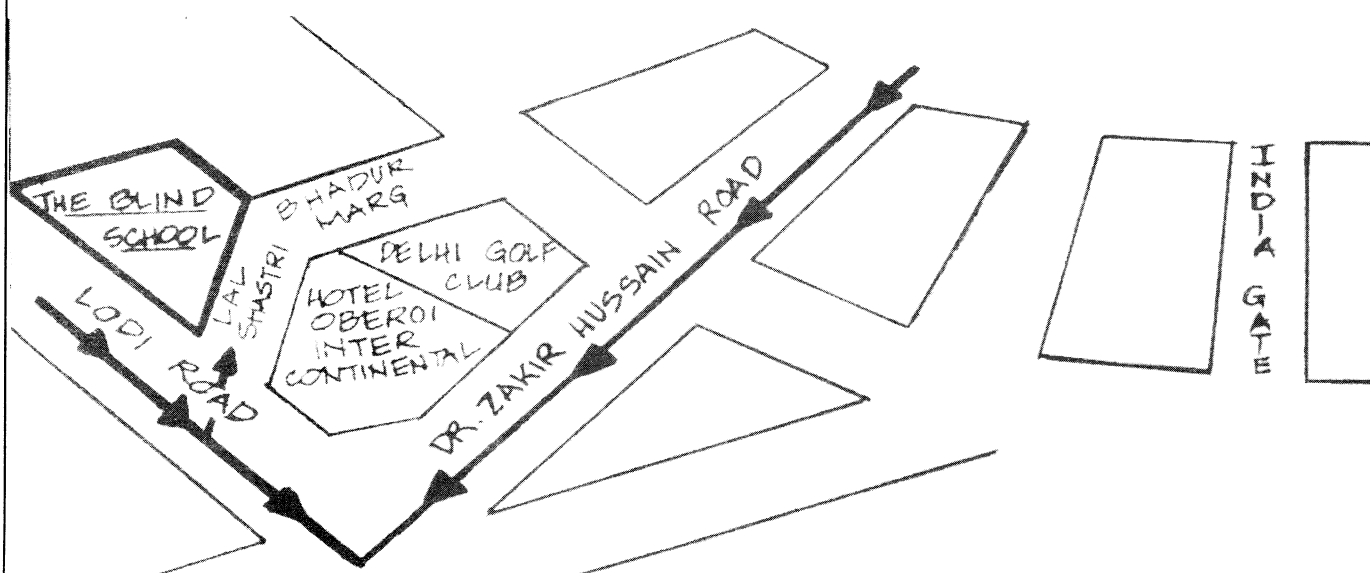
In both Modern and traditional designs. Some items made in traditional manner.

**Venue:** The Blind School,  
The Blind Relief Association, Lal Bhadur Shastri Marg,  
New Delhi-110003. Tel: 436-1376  
(Behind Oberoi Inter Continental Hotel)

Or Call for directions at telephone  
# 683-7435. Ask for Karan Khullar.

**Timings:** 10-00 a.m. to 7 p.m.

Please see map below:





# ELECT YOUR NEW BOARD

The Nominating Committee has found four fabulous members who are willing and able to form the first Executive Committee for the millennium. We have every confidence in their ability to work both as a team, and for the well being of Delhi Network Please take the time to read the following; it gives you a brief outline on each nominee, and feel free to chat to them so you can get to know them better!

Thank you on behalf of the Nominating Committee of the Delhi Network:  
Sue Lohage, Pat Cross and Gillian Olesen.



## **Brenda Beards – Candidate for President**

Brenda has nominated for the office of President and she knows from recent personal experience the benefits of Delhi Network. She has arrived here via the Philippines and Bangkok

so brings a wealth of experience as to the needs of the expatriate community. Her wonderful sense of humour and friendliness – plus her ability to lead by example is just what we need.



## **Jeannine Grant – Candidate for Vice- President**

Jeannine arrived in Delhi via Scotland and Indonesia. She has that wonderful background of nursing and it has endowed her with a practical view of life, accompanied by a rather

dry wit! Jeannine and Brenda have already forged a solid friendship and will make a superb team.



## **Anita Reid – Treasurer**

We have been so fortunate to find a qualified accountant who is prepared to take charge of our books. Before moving to Delhi, Anita lived in Cairo for

two years where she held the position of treasurer for an International School.



## **Rachael Hofmann – Secretary**

Not only is Rachael relatively new to Delhi, she got married just before moving here! Rachael has lived in Germany, but more recently in Australia. She is a very positive person

and will certainly prove to be an asset to the team.

**We would like to extend our thanks and gratitude to the outgoing Executive Committee who have done a wonderful job during a rather difficult period in the history of Delhi Network! Leigh Ann was unable to complete her term of office as President due to the needs of her mother-in-law who recently arrived from America and is housebound and requires constant attention, Asha, who has been the acting Vice-President is now working fulltime, Barbara, our Secretary is shortly leaving Delhi to return home and Symran who has been the Treasurer is also busy with other commitments. Again, thank you to you all.**



# Dates for Your Diary

**Tuesday, March 21**

## ***Delhi Network Gathering***



**Tuesday, March 21**

## ***AWA's Glimpses of India Lecture Series***

7.30 pm Drinks and Dessert

8.00 pm Programme (45 mins)

At the Pernell's house – 17A Prithvi Raj Marg  
(please park around the corner on Amrita Shergill  
Marg). Everyone is welcome.

March 21 – March 31

Tibet Festival – Survival of the Spirit. The festival will touch upon almost every aspect of Tibetan culture and life, both in exile and in Tibet. Being organised at the India International Centre, 40 Lodhi Estate, phone 461-9431, covers a seminar, film screenings, photography exhibitions and much more. A sand mandala will be created by monks during the festival and ritually destroy it on April 1. At the Main Foyer from 8 am to 8 pm.

**Saturday, April 1**

## **Pack Out Mela**

40 Vendors, Flea market items, food and drink by ACSA

ACSA Ballfield, 11 am – 2.00 pm

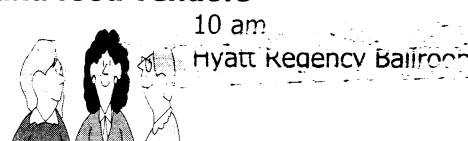
**Wednesday, April 12**

***Colour and Image presentation*** in aid of Project Aid Welfare Society's polio-affected children  
Hyatt Ballroom

12.30 – 2.30 pm, presentation begins at 1.00 sharp

**Tuesday, April 18**

## ***Delhi Network Meeting – Launch of AWA Delhi Network Cookbook – Nestle display and food vendors***



## **AND NOW FOR SOMETHING AMUSING.....**

The following is an actual question given on a University of Washington engineering mid term exam. The answer was so "profound" that the Professor shared it with colleagues, which is why we now have the pleasure of enjoying it as well...

Bonus Question: Is Hell exothermic (gives off heat) or endothermic (absorbs heat)?

Most of the students wrote proofs of their beliefs using Boyle's Law, (gas cools off when it expands and heats up when it is compressed) or some variant. One student, however, wrote the following:

First, we need to know how the mass of Hell is changing in time. So we need to know the rate that souls are moving into Hell and the rate they are leaving. I think that we can safely assume that once a soul gets to Hell, it will not leave. Therefore, no souls are leaving. As for how many souls are entering Hell, let's look at the different religions that exist in the world today. Some of these religions state that if you are not a member of their religion, you will go to Hell. Since there are more than one of these religions and since people do not belong to more than one religion, we can project that all souls go to Hell. With birth and death rates as they are, we can expect the number of souls in Hell to increase exponentially. Now, we look at the rate of change of the volume in Hell because Boyle's Law states that in order for the temperature and pressure in Hell to stay the same, the volume of Hell has to expand as souls are added.

This gives two possibilities:

1. If Hell is expanding at a slower rate than the rate at which souls enter Hell, then the temperature and pressure in Hell will increase until all Hell breaks loose.
2. Of course, if Hell is expanding at a rate faster than the increase of souls in Hell, then the temperature and pressure will drop until Hell freezes over.

So which is it?

If we accept the postulate given to me by Ms. Teresa Banyan during my Freshman year, "...that it will be a cold day in Hell before I sleep with you.", and take into account the fact that I still have not succeeded in having sexual relations with Ms. Banyan, then, #2 cannot be true, and thus I am sure that Hell is exothermic and will not freeze."

*The student received the only "A" given.*



# India's Wonderful Birds

By Erika Wilson

Spring is here, the most wonderful time of year in Delhi. Unfortunately it doesn't last long, but while it does, take time to get outside and enjoy Delhi's parks, gardens, and monuments. There are already trees in flower, whose nectar attracts both insects and birds, and most gardens are full of blooming flowers. A shallow terracotta dish full of fresh water set out in your garden will draw more birds; once they get used to its location, you will have birds all summer long, when water gets scarce. Another way to attract birds is to put out the rinds from your breakfast and dinner fruits each morning; they will be eagerly worked over by mynas, bulbuls, parakeets, babblers, crows, and treepies.

Parakeets are some of Delhi's most common and abundant birds; most of them are colourful **Rose-ringed Parakeets** (*Psittacula krameri*). Dressed in lime green, with long tails and bright red beaks, you can see them jostling with crows and pigeons for the food put out by well-wishers on the bridge at Lodhi Gardens Park. Males are distinguished from females by a neck band, from which these birds derive their common name. The ring is actually three colours—a band of rose and a band of pale blue across the back of the neck, which turns to black across the throat and chin. Females lack the ring, but share with the males a bright red beak and a streamer-like tail that shifts from lime green to azure blue on its topside, but which is lemon yellow on its underside. I have written in such detail because there are two other green parakeets in Delhi that you might want to watch for in your area.

If you suddenly realise that a parakeet in front of you has a yellow, rather than a red beak, you will have the pleasure of looking at a **Plum-headed Parakeet** (*Psittacula cyanocephala*). These charming birds are a bit smaller than Rose-ringed Parakeets, although they share the same green body plan. Here again, you will be able to tell males from females because males have bright reddish purple heads, set off by a narrow black ring, while females have dark greyish purple heads, set off by a yellow necklace. To confirm your identification, check the long pointed tail, which will be dark blue with a white tip. Plum-headed Parakeets have a softer, less raucous call, although you wouldn't call it musical.

If, on the other hand, you realise that a parakeet in front of you looks almost twice as big as a Rose-ringed Parakeet, you will have the pleasure of looking at an **Alexandrine Parakeet** (*Psittacula eupatria*). Once again the body plan is green and the beak is red, but this time you want to look for a maroon shoulder patch to confirm your identification of this over-sized parakeet. Males are easily separated from females by the presence of a pink and black collar, as in the Rose-ringed Parakeet. All three parakeets eat fruits, including those with tough, leathery shells, which they can easily tear open with their strong, hooked beaks.

Some of the more vocal birds right now are barbets, relatives of the woodpeckers. Although these birds, too, have a green body plan, they don't look like parakeets at all, being small, chunky birds with very

short tails. The rather monotonous *tock-tock-tock-tock...* of a **Coppersmith Barbet** (*Megalaima haemacephala*) is said to sound like the tapping hammer of a coppersmith at work at his craft. Look for this vocalist at the top of a tree or wall-creeping bougainvillea, his throat pulsing with each note. To break the monotony of their green plumage, Coppersmith Barbets have boldly patterned heads, consisting of a red cap, yellow face and chin marked with black stripes, and a red breast band. Like woodpeckers, barbets build their nests in tree cavities, which puts them in competition with the parakeets for good nest sites. The other barbet calling now gives a low, throaty trill, followed by a series of *tug-luk, tug-luk, tug-luk,...* calls. About twice the size of a Coppersmith Barbet, a **Brown-headed Barbet** (*Megalaima zeylanica*) is green all over, except for his brown head, big orange bill, and orange rings around his eyes. Like woodpeckers, barbets eat insect larvae they find by chipping away at loose bark on trees; unlike woodpeckers, they also eat fruit, especially figs. Both barbets will be calling for several months, and epitomise the lengthening and warming days of spring and early summer.

Delhi also has two woodpeckers that you can find in the more heavily wooded sections of Delhi; I get both in my garden near Lodhi Gardens. The small **Yellow-crowned Woodpecker** (*Dendrocopos mahrattensis*) is a typical woodpecker, having black plumage barred with white. Males sport a red and yellow crown, while females have all yellow crowns. Much larger and more colourful is the magnificent **Black-rumped Flameback** (*Dinopium benghalense*). Its wings and back are solid gold, and it has a boldly marked head of black and white, with a big red crest. Look for this large, pigeon-sized bird on major branches in large, old trees. Woodpeckers, too, are cavity nesters, so tree holes are prime real estate in Delhi.

Everyone recognises the black and gray **House Crows** (*Corvus splendens*), but most people don't know that a large cuckoo, the **Asian Koel** (*Eudynamis scolopacea*), has a habit of parasitising House Crows by laying their eggs in the crow's nests, getting them to raise their cuckoo offspring. A male Asian Koel is solid black, with a ruby eye and an ivory bill. Females, however, are cryptically dressed in dark brown barred with white on their upperparts and white barred with dark brown on their underparts. This helps them slip into a crow's nest undetected to lay an egg. Crows harass many small birds, taking nestlings when they can, so it's good to know that they, too, have their problems, fending off the cuckoos' attempts to foist their offspring onto the crows.

## Notice board

### BABY FOOD ON SALE

Vegetables soups, meat soups, baby pasta, semolina, cheese, fish, ect.

Call Gloria on 4692250

### DELHI NETWORK DIRECTORY

Please check your new directory, if there are any corrections required - i.e. incorrect telephone/ email details etc, please fill out an amendment form (available at the monthly meeting or from the office) and either hand them in at the monthly meeting or leave the form in the office.

If you want to actually shop for a good cause try out **Renewal** just opened on March 11th located at 253 L- 2 Munirka Market. **Renewal** is an outlet dedicated to export surplus of high fashion garments as well as recycled furniture, kitchenware, stationary, and music. All proceeds go to Charity.  
Asha Nanavati

### FOR SALE

**Noritake** full dinner service for 12 – made in Japan plus tea service for 6. Gold rim outer and inner rims with pink and blue floral design. 81 pieces altogether.  
Rs.35,000

Shri ram window type **air conditioner** 1.5 tons  
Rs.24,000

For information, call 506 6665.

### DELHI NETWORK MEMBERSHIP FEE

**JUST HALVED!!** From February the fee is just Rs.150. The fee will return to the normal price with renewal in August.

### WANTED CERTIFIED TEACHER

Part time teacher needed to instruct 4 home school children.  
If interested please call

Lucy Green on 506 3165  
Mobile 98101 46512

### WANTED – BRIDGE PLAYERS

If you would like to play bridge in an informal manner, please give me a call.

**Brigitte Rasler**  
**98100 30587**

**GURGAON PHONE NUMBERS  
HAVE BEEN CHANGED  
INSERT A '6' AFTER THE '91'**

Sue Lohage

Independent **Herbalife** Distributor

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Herbalife has combined the best of nature and science to create exclusive products to enhance your nutritional fitness, vitality and well-being.

Lose or gain weight safely, or just increase your vitality.

Phone Sue on 6223344 ext 411 or 98 101 67417

The following two servants have been working for me, Ulli Kahlert, phone 9811176690 until 31 March.

### COOK/HOUSEKEEPER

Available from 1st April. Dorina speaks good English, cooks, shops, washes and irons. Honest, reliable and good with children.  
`Contact Dorina via her husband Mr Roberts at the Bhutan Embassy on phone 688-9230.

### CLEANER

Working half day only. Contact Mrs. Mitchell 688-2898.



# Notice board

## Staff:

Couple - Ganesh cooks and Prabha cleans. She has also worked as an ayah.  
Driver - been with the family for four years. Drives well and is reliable.

## For Sale:

Zen -1998 , with a/c in excellent condition. Rs 260,000

Freezer, fridge , top loading washing machine, microwave (BPL), Sunflame cooker, girls bicycle non puncture tyres, child's desk and chair, cane garden furniture, miscellaneous- skateboard, roller skates etc.

Dogs, sibling pair -male, female both neutered , inoculated etc. Good watch dogs, easy going local breed. Need a large area .

Contact: Barbara on 6803766

## GOOD CLEANING LADY/COOK

Excellent references, honest, conscientious. Prefers Vasant Vihar/West End/Shanti Niketan areas, needs quarters. Available from end April. Call Joan 688-2898.

## Carpets & Shawls

### A Source Book

For the past several months, Vidhu and Buzz have been reading and taking notes about oriental carpets and Kashmiri shawls. The gist of what they found has been combined with what Vidhu has learned from more than 30 years as a designer and has been compiled into an illustrated source book containing text, comprehensive glossaries, an extensive bibliography, photographs of styles and a carpet-centric map of West Asia. At Rs.150 is an inexpensive introduction to two historically significant art forms. A copy of the book is available for you inspection at the AWA library. Anyone interested in reserving a copy please contact either Vidhu Ganjoor or Buzz Burza at 223-0415 or 220-9129 or email [buzzburza@yahoo.com](mailto:buzzburza@yahoo.com)

## FAMILY WEEKEND AWAY IN RAJASTHAN

If you're interested in spending a weekend away in the countryside of Rajasthan, where the kids can also have a great time, why not consider staying at the Col Sudhir Farm, Dhakerkheri, Kota. A photo of the farm with all mod cons, is pinned to the notice board at the Office. The accommodation side of the Farm is run by Victoria Singh, an English lady, who is married to a Rajput . For further details, call Victoria on 0744-426941.

## WANTED!!

Help with this newsletter. Anyone with a computer and connected to internet. Either just plain typing or someone happy to roam in the www wilderness or publications looking for good stuff to include or ideas for inclusion. Leave a message at the office or call me – Vicki Fennessy 506 6664

## Reiki

Reiki is a technique for stress reduction and relaxation, which improves health and enhances the quality of life. It also helps to cleanse the body of toxins, increases intuitive awareness, strengthens the immune system and works on the physical, mental and spiritual levels.

Traditional Reiki Master Prama Bhandari, who is recommended by Paula Horan (who originally introduced Reiki to India), assisted by Lola and Peter Hansen, will be conducting the following Reiki non-commercial classes (the fees are used to offer free Reiki treatment to poor cancer patients):

**Reiki Level I: April 8-9**

**Reiki Level II: April 29-30**

Price : Reiki I: Rs.1000 including lunch

Reiki II: Rs.1500 " "

Time: 0930 – 1700 hours both days

Venue: 8 Padmini Enclave, Hauz Khas

Telephone : For confirmation please call Lola Hansen 688-2260 or Prama Bhandari 686-2807. Those who have passed Reiki I or II levels can attend meetings on the first Tuesday of every month at Lola and Peter Hansen's house at 5.30 – please call to confirm your participation.

## HOUSEMAID/COOK and/or DRIVER

We will be leaving India in early April. Rita Senapathi, who speaks English, has worked for us since May 1999. She does all the cleaning, laundry, and ironing. Rita also does some of the shopping, has been a big help to us in the kitchen and enjoys cooking. She has a cheerful disposition and has been honest and reliable, to the extent that we leave the keys to our flat with her when we are away. She works 6 days a week for us, from 9 to 5, and commutes by bus. We know her previous employers who found that she was excellent with their three year old daughter. Her husband is a driver, just returned from working overseas, who is also looking for work. Please contact me, Mary Tobin, 465-1883, Cell 9811063082, or call Rita Senapathi at 697-1495

## The Nestle Company Launches Khansama's Khazana, The Cook's Treasures

The Nestle Company together with the American Women's Association and Delhi Network will be launching **Khansama's Khazana, The Cook's Treasures** at the Nestle Food Fair on April 18<sup>th</sup>, next month's Delhi Network meeting. You will have ample opportunity to sample recipes straight out of the new cookbook and to taste new foods that are now available on the local Delhi markets...All this and more in a fun, bistro type atmosphere created by the Nestle Company.

**Khansama's Khazana** is a seasonal collection of traditional and favourite recipes from the members of the American Women's Association and Delhi Network.....a collection of recipes from around the world. You will find this book extra special; not only filled with good tasting recipes, and enduring original illustrations, but with added touches of folklore from India's 5000 years of existence. **Khansama's Khazana** is divided into the three dominant seasons of North India; "The Hot", Grisma, "The Monsoon", Varsha, and "The Cool", Shishira. In addition you will find helpful serving and garnishing tips as well as suggestions where items can be found. **Khansama's Khazana** will encourage you to explore more of the markets and expand the possibilities to be full of memories of your stay in Delhi for years to come; a great souvenir to take home!

**Khansama's Khazana** will be on sale for Rs.400. Thanks to the Nestle Company who has covered all the publishing and printing costs of the book, your entire contribution of Rs.400 will go directly to the Educational Scholarship Trust. This special trust has been developed into a three-fold mission. First, the programme will fund a certified teacher to instruct for one year in the Mount Carmel Education Centre, a "jhuggi" school located behind the Park Royal Hotel. This special school has been organised and supported by the Mount Carmel School for the past several years. Two children have been identified from the Education Centre project to receive additional aid. Rekha, an eleven-year-old victim of polio will be given an evaluation, which will result in either corrective surgery and/or braces. Rekha shows interest and a talent for sewing. It is our hope that we find her special training in this area so she may be less dependent on others as she matures. Sunil, a nine-year-old boy will be transferred from the "jhuggi" school and placed in Mount Carmel, giving him an opportunity for a quality education that he might not have otherwise received.

We hope you will be as excited about this educational project as we are. We all have been given an opportunity to help at a critical ("grass roots") level that will give these children an added boost. We ask that you support this effort by attending the next Delhi Network meeting and buying one or more copies of **Khansama's Khazana, The Cook's Treasures**. See you next month!

The Cookbook Committee

# GINGER ROOT

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## MUNNAR IN KERALA

Tea and Tahr (Ibex) in the High Ranges

IN the forested High Ranges of Kerala there is a valley watered by three rivers. The slopes that rise out of it were once covered by dense jungles where elephants, and ancient men who built stone burial chambers, once lived. Today the mountains that hunch out of the valley are covered in manicured slopes of tea.

And the little town in the valley is dedicated to growing, harvesting, curing and selling tea: the drink that cheers but does not inebriate.

**Munnar** is cool, the tea-planters are friendly and the old Munnar Club is as delightful as a woodcut: trophies on the walls, a Men's Only bar and an excellent golf course.



### Fastfacts



#### Access

Munnar is reached from the airport, railhead and seaport of Kochi, formerly Cochin - 130 km. There are tourist taxis and regular buses from Kochi.

#### Accommodation

Accommodation in the town is offered by 3 standard hotels. The Munnar Club has some accommodation for visitors.

DRIVING out of the valley, where serene-faced cows chew the cud, visitors can trek down to a stream-threaded glen where trout are bred to stock the waters of Munnar. Tea planters love outdoor activities like golf, tennis and fishing.

Still further out of the valley, the trees stay behind and the hills are covered in grass and dotted with a few dramatic black boulders. This is the Ervaikulam National Park, home of the handsome Nilgiri Tahr (ibex), a goat in dire need of the dedicated protection given by the State Forest Department and the company which owns the tea estates in Munnar. Thanks to tender care, the chances of the visitor seeing tahr on, or just off, the road are very high.



Munnar also offers a mildly challenging 3-hour trek through tea-covered slopes to the peak of the highest mountain in Southern India, the 2,689 metre high Anaimudi, the Elephant's Head. The estate where the trek starts is Nyamakad.

The drives out of Munnar are pretty, particularly the one leading to Top Station where the planters have an annexe to their club in the valley. 13 kms on this route is Mattupetty where there is a dam and the Indo - Swiss Dairy Project. Bird watchers will be particularly enchanted because the green slopes of Munnar and the dense shola forests in the folds of the hills offer varied, protected, habitats for our feathered friends.

This is a great little green destination.



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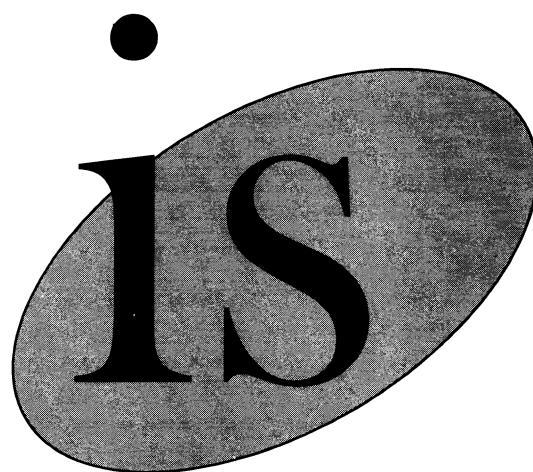
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# ORIGIN OF THE CAT-ASTROPHE

An anecdote would illustrate the birth of a belief from a practice that began in a simple utilitarian manner.

This is the story of a pious God-fearing king from ancient India. To earn the praise of the lords of Heaven this king annually organised mass feeding of Sadhus, Sanyasis (hermits) and Brahmins (priests). Countless number of learned Brahmins, Sadhus and Sanyasis used to converge on his palace to partake in gastronomic delights and bestow their blessings on the generous king.

On one such occasion it so happened that when the holy assemblage was being served Kheer (the Indian porridge) one of the royal pet cats ran into the unfortunate steward who tripped and measured his length on the floor, spilling the bubbling stew on their holiness'.

The helpless steward was at the receiving end of their curses, but the enlightened king pacified them and after performing ablutions on them to wash off the offending stains, he decreed that henceforth before the commencement of the great feast all cats in the palace ground should be herded together and tied to a Stake, to prevent any such untoward incident in future.

The mass feeding continued undisturbed year after year and so did the practice of tying up to a stake, the feline members of the royal habitat who came to be looked upon as portending misfortune. With the passing of years the old king was no more, but his son was no less pious than him and so also was the grandson. Generation after generation scrupulously adhered to this practice of tying up the feline population followed by the grand feast. No feast could begin unless the tying up 'ceremony' had been duly completed. The two practices came to be looked upon as essential for earning the praise of the lords of Heaven.

Then one year came a severe famine. Rivers went dry, fields were barren and the kingdom's people started migrating to better places. Came the day for the annual event but there were hardly any Brahmins left to do justice to the meagre rations that remained in the royal larder. After consulting his Chaplain the reigning king decided to temporarily suspend the second practice of hosting the grand luncheon. But as advised by the learned chaplain, the king decided to solemnly honour the first practice of tying up a few feline 'beasts of doom' and earn whatever praise the lords of heaven could bestow. But there were no cats to be found in the famine-struck kingdom. So the King ordered that a few cats be obtained from the neighbouring kingdom for the tying-up ceremony to be duly performed on the auspicious day!

It was a bad time for the country and the famine continued for many consecutive years during which period, the Reigning king passed away and was succeeded by his youthful son. The youthful King also scrupulously adhered to the practice of annually tying up all cats to earn the lord's praise, as he had seen his father perform it. The country finally recovered from the dry spell and happier days were back. With prosperity having returned, the old generation advisers recalled the practice of giving the annual feast and the king wanted to re-institute that practice after seeking the royal chaplain's blessings. But the royal chaplain had seen how his power over the king had increased in absence of other Brahmins who would otherwise hover around the king.

Keeping this in mind, the wily chaplain advised the king against re-instituting the mass feeding because, he said, the terrible famine was a result of divine wrath on the practice of feeding idle members of society which had been observed since countless generations.

The chaplain convinced the king by telling him that the country obtained deliverance from the divine wrath only because the Gods saw that this practice had been done away with for the last few years. The chaplain argued that it was enough to continue the annual event of tying up the inauspicious feline harbingers of catastrophes and earning the praise of the lords of heaven.

Thus convinced, the king ordained that henceforth in his kingdom all feline creatures were to be herded together and tied up on the day the grand feast used to be observed. This was to be the sacred duty of every citizen, as the future of the kingdom depended on the lord's blessings, which could not be obtained if the 'holy' practice of tying up all cats was not followed. Non-observance of the practice was made a punishable offence. From that year onwards, the grand feast was forgotten but the ceremony of tying cats took root.

And ages later neither the king remained nor his kingdom, but this 'holy' ritual that defied rationale built up the belief of cats being the vehicles of ill omen. A belief which has withstood the test of time.

A reading of the Panchantantra, Hitopadesha, Katha-Sarit-Sagara and the Jatakas, our national collections of similar anecdotes would bring out many instances of how most of our rituals and beliefs originated from simple worldly actions of our forebears.

Indian history is replete with such beliefs and rituals which had a sound reason for coming into being but later they were continued to be observed despite the fact that the reason did not hold true any more. Our daily life also abounds with innumerable rituals the meaning of which is lost in history. We follow them out of reverence.

*Taken from Sudheer Birodkar's site on the web.*





# FROM THE KITCHENS OF VICKI FENNESSY AND THE NET

You know when you have one of those flashes of, “I must have some.... and I must have it now”? Well I had one of those the other day, and it was a penchant for some good old fashioned bread and butter pudding; something my father loved but my mother would only cook now and then, to ensure his stomach line remained flat. It was a dessert that I didn’t think much about, I enjoyed it when it was served, but that’s it. Well, after some 30 years, it came into my memory and have it I must. However, try as I might I couldn’t find a recipe the same. I did however find a modern version, which was far more fattening, and I would like to share it with you.

## BUTTERSCOTCH BREAD AND BUTTER PUDDING

*Recipe can be made a day ahead.*

- |   |  |
|---|--|
| 12 slices white bread   | 30g butter, softened                   |
| ¾ cup (75g) pecans, toasted, chopped (I used cashews and thought pistachio would be nice too) |  |
| 1.25 litres (5 cups) milk   | ¾ cup (150g) firmly packed brown sugar |
| 6 eggs  | 2 egg yolks                            |
| 1 tablespoon brown sugar, extra   | ½ teaspoon ground cinnamon             |

### Butterscotch Sauce

- |   |                       |
|---|-----------------------|
| 1 ½ cups (300g) firmly packed brown sugar | 300ml thickened cream |
| ¾ cup (180ml) milk                        | 300g butter, chopped  |

Grease a shallow ovenproof dish (3 litre/12-cup capacity). Remove crusts from bread, butter each slice, cut slices in half diagonally. Overlap half the bread triangles over base of prepared dish; sprinkle with half the nuts. Top with remaining bread and remaining nuts.

Combine milk and sugar in pan, stir over heat, without boiling, until sugar is dissolved. Whisk eggs and egg yolks together in bowl, gradually whisk in warm milk mixture. Gently pour half the custard over bread in dish; stand 10 minutes. Whisk remaining egg mixture again; pour into dish. Sprinkle with combined extra sugar and cinnamon. Place ovenproof dish in baking dish with enough boiling water to come halfway up sides of ovenproof dish. Bake in moderately slow oven about 1 hour or until set. Remove from baking dish. Serve with butterscotch sauce.

*Butterscotch Sauce:* Combine sugar, cream, milk and butter in pan; stir over heat, without boiling, until sugar dissolves, then simmer, stirring, 5 minutes.

*Not suitable to freeze*

*Sauce suitable to microwave.*

It was disgustingly delicious. I halved the recipe, which was ample for four.

## TERIYAKI MUSHROOMS

- 1 Pound fresh mushrooms
- Garlic powder
- Chopped chives (dried or fresh)
- Teriyaki Sauce

Wash off fresh mushrooms and cut in half lengthways. Place mushrooms in re-sealable plastic bag or container with lid. Sprinkle garlic powder liberally over mushrooms. Add chives. Add enough Teriyaki Sauce to moisten thoroughly. Seal and shake container or bag to distribute Teriyaki Sauce evenly. Place in refrigerator for an hour or more (overnight is fine, too). Shake sealed container or bag again while marinating. Saute marinated mushrooms (with marinade) in pan until tender (keep pan covered if you want maximum moistness). Do not let them dry out by overcooking in too-hot pan. Serve as side dish, or spoon over rice. Serves 2 to 3; use 1.5 pounds for 4 people.

## JACKIES QUIZ

### Orientation and the sexes

In memorising a route men orient themselves differently than women. Is this true?

- (a) Yes, this is completely socially determined
- (b) Yes, this is a hormonal matter
- (c) No, this is an outdated behaviourist idea

Please see page 21 for correct answer.

# CHANDNICHOWK

## A Historical Perspective



### The Beginning: How Chandni Chowk got its name

When the famous Mughal Emperor Shahjahan shifted his capital from Agra to Delhi and established the city of Shahjahanabad, he had the majestic Red Fort or Lal Qila, on the banks of River Yamuna. Chandni Chowk was built in 1650 AD as an accompaniment to the fort. It was designed by Jahanara, the Emperor's favourite daughter. A large chowk ("square") with a central pool was built at some distance from the fort.

The story goes that on a moonlit night, the new complex and the pool lay shimmering; as a result, it acquired the name of Chandni Chowk- "the moonlit square".

Another legend says that the Chowk was named after its silversmiths and there is a confusion of the word 'chandi' (silver) with 'chandni' (moonlit).

### How it became a trading centre

During Shahjahan's time itself, an arcade of shops had been built in a half-moon shape. Round this nucleus, in no time, grew a fabulous and prosperous trading centre which spread along the wide road and branched into a number of bylanes in all directions. Originally only this stretch was known as Chandni Chowk. But as the trading centre grew in magnificence and prosperity, the whole area from the Fort to Fatehpuri grew famous as Chandni Chowk. Roughly three and a half centuries later this area is still called by the same name.

### The story of the canal

While the Red Fort was being constructed, the lack of drinking water worried the Emperor. The wells in the area were drying up. Shahjahan thereby summoned one of his trusted nobles, Ali Mardan Khan and commanded him to find a solution. Khan, well versed in the art of digging canals, renovated an old canal and renamed it Faiz Nahar. This canal now ran the entire length of Chandni Chowk, from the fort to the Fatehpuri Mosque, providing water for both drinking and irrigation.

The canal went into disuse with the decline of the Mughal Empire. The English revived it in 1820, only to close it in 1910. During its long and eventful lifetime, it proved to be both a boon and a curse for the people. Well maintained, it would provide the city with pure water all the year round. Neglected, it would become the breeding ground for all sorts of diseases. Today, a wide road runs where it once stood - a symbol of changing times and priorities.



### Some famous anecdotes about Chandni Chowk

#### *How 'Chaat' became popular in Delhi:*

When the canal was renovated, everyone was happy except the Emperor's physician, Hakim Ali, who was so depressed that he did not attend court for a few days. When Mohammad Shah sent for him, he appeared before him in mourning attire. On being commanded to explain his sorrow, he submitted that either the canal should be closed, as it would cause stomach disorders or as a preventive and curative measure, the citizens of Delhi should use plenty of Mirch Masala (spices) in their food. Thus grew the Delhi citizen's habit of eating chaat (a mouth-watering mixture of above mentioned and other namkeens) which continues to this day!

#### *Too hot to handle?*

Shahjahan shifted his capital from Agra to Delhi because he found the heat of Agra unbearable. Earlier Sikandar Lodi had shifted the capital from Delhi to Agra for much the same reasons, except for the fact that it was Delhi's heat that drove him to Agra!

### The story of the disappearing masons

The following legend was narrated from the accounts of Mir Baqr Ali Khan, one of the last in the line of professional storytellers.

When Shahjahan agreed to Ustad Hamid and Ustad Hira's proposed site to build his fort on, the work on the laying of the foundation was started. However, after some time, it was reported to the Emperor that the two masons had

disappeared, leaving the work incomplete. Before an irate Shahjahan could issue the orders for their search, the two turned up to explain the reasons for their disappearance. They had left the construction mid-way, so as to expose the foundations to the rigors of the changing seasons. This ensured that the foundations would be strong enough to support the whole structure of the fort that was going to be built on them.

To be sure, they achieved their dream of leaving an everlasting building behind for the later generations - the majestic Red Fort.

#### *Jahanara's admirer*

Shahjahan's favourite daughter Jahanara was famed far and wide for her beauty and wit. Once when she was in Nishat garden, a Persian poet sneaked in to catch a glimpse of the Princess. He was so much struck by her beauty, that he composed a couplet for her on the spot. The Princess, though embarrassed, was quite flattered and rewarded him with a heavy purse. The Emperor, of course was not quite so generous (or pleased) when he came to know about the incident. He issued the orders for the poet's excommunication from the city.

#### *"Clear the rubble away!"*

The Mughal emperors usually kept their courtiers on their toes with their whims and fancies. It took six years to complete Jama Masjid; the day it was completed Shahjahan issued the orders that he would say his morning prayers at the Mosque the next day. The supervisors were now in a fix- how to get rid of the tons of rubble strewn around the Mosque and still get the whole place ready in time of the Emperor's arrival? After some brainstorming it was announced, with the Emperor's consent that anyone could come to the mosque and take away whatever he desired to. Thousands of people swooped down to the Mosque and took away whatever they could lay their hands on, thereby completing within a few hours a task that would have normally taken months!

### **Historical Aspect of Religion In Chandni Chowk**

Chandni Chowk has the distinction of being perhaps the only trade market that also houses an equally amazing number of places of worship of all the prominent Indian religions. Hinduism, Islam, Sikhism, Christianity and Jainism exist side by side in the 2 km. stretch between Fatehpuri Masjid to Red Fort alone. Here one can find more than seven Hindu and Jain temples, two Churches, three Mosques and two Gurudwaras. This is excluding the numerous smaller shrines that exist in the remoter parts of Chandni Chowk.

#### **Places of Worship**

##### *Sri Digambar Jain Lal Mandir:*

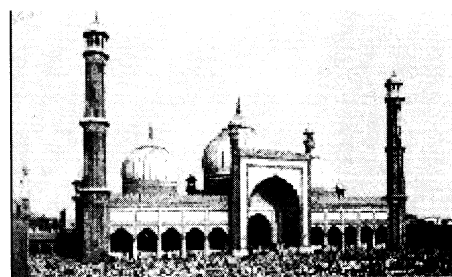
This famous temple dates back to the time of Aurangzeb's reign. It is situated bang opposite the Red Fort, at the entrance of the main road. 'Lal' in Hindi means red for the stones used in the construction. The inner walls are covered with beautiful paintings (in which real gold has been used).

The temple premises house a unique medical centre for birds, the Birds' Charity Hospital. Free treatment is given here, which draws inspiration from the message of 'Live and let Live' given by Lord Mahavir, the twenty fourth Tirthankara of the Jains.

##### *Jama Masjid:*

Jama Masjid is one of the largest mosques in India. It's also known as 'Masjid-I-jahan Numa' (Jahan means 'World' and Numa means -'Visible' It's situated some quarter of a mile from the Red Fort. It was designed as Emperor Shahjahan's principal mosque.

The construction work continued for six years, ending in 1644. The structure was placed on a high platform so that its magnificent facade would be visible from all the adjoining areas. It's an austere yet beautiful building. As with the other buildings of Shahjahanabad, this one was also in red sandstone. White marble has also been used extensively, especially in the three domes (white marble inlaid with stripes of black). The pulpit is one of its best features, being carved out of a single block of marble. Two slender minarets grace the façade, one on each side, rising to a height of 130 feet. The Jama Masjid has three gates. The eastern gate was reserved for the Emperor when he used to arrive here every Friday and on Id.



##### *Gurudwara Shish Ganj:*

This Gurudwara was built on the land where the Sikh Guru Sri Guru Tegh Bahadur was martyred by the Mughals in 1675 A.D. It is believed that the night he was murdered along with three of his disciples it was raining very heavily. Because of the fear of the Mughals nobody came to pick bodies up that night. The next day the head was taken to Anandpur Sahib and the body to where Gurudwara Rakab Ganj is now situated. A century later a devotee named Baba Baghel Singh searched for and found this place and had this place of worship constructed here.



### *Gauri Shankar temple:*

Right next to Lal Mandir is a Hindu temple that was there even before Shahjahanabad was established in 1623. Dedicated to Lord Shiva (God of Destruction in Hindu mythology), it is home to impressive statues of probably all the deities of the Shaiv sect (the followers of Lord Shiva). It is believed that the patron was Sardar Ganga Appadhar, an erstwhile senior officer in the Mughal army.

There is a very interesting tale attached to this temple. It is believed that the Mughal Emperor, Aurangzeb gave an order that the temple bells should not be rung. But he couldn't sleep for three nights in a row because the bells would keep ringing in his ears! At last he had to relent and take back his orders.

### *Sunahari Masjid (Golden Mosque):*

Quite close to the Gurudwara Shish Ganj Sahib is this golden domed building. It was built in the 1134 Hijri (according to the Islamic calendar) in the reign of Sultan Mohammad Shah. It is believed that the Persian invader Nadir Shah had sat on the terrace for hours on 11th March, 1739 – watching his soldiers pillage the golden bazaars of Chandni Chowk

### **A Day in Chandni Chowk**

Time has a tendency to change even the most beautiful of places. Chandni Chowk has not been left untouched either. A city that once housed an estimated 200,000 in Aurangzeb's reign, is now populated by a restless 9.3 lakhs (1 lakh = 100,000)! The boundaries of Delhi are steadily being pushed outwards as more and more people pour in. Old routes and roads, used for hundreds of years, have disappeared and old buildings have given way to modern structures.

And yet, to borrow a line: 'the city of Delhi is still as full of surprises as a good treasure hunt. You may suddenly find a ruined arch many hundred years old beside a recently built bungalow, or see the reflection of a high rise building in the waters of an ancient step well'.



### **Some Do's and Don't's:**

If you are a lover of 400-year-old buildings, markets, bargaining, spicy food items, crowds, colour, traditional Indian handicrafts, antiques, temples, mosques, etc., etc. then Chandni Chowk is just the place for you. In fact this famous bazaar has something for everyone. People from all over the world throng into this market because they know that an item that's unavailable anywhere else, will easily be found here. And even if you are looking for something that's available in other markets too, then you'll come here because it's cheaper here. People have been known to do all their shopping for a marriage ceremony (and a typical Indian marriage ceremony is as elaborate as any other!) in one day in Chandni Chowk itself. From jewellery to washing machines, all imaginable consumer goods are sold at wholesale prices (even to retail customers!) in its various Kuchas and Katras.

If you are a visitor from a foreign country then you needn't be apprehensive. The businessmen in Chandni Chowk are well conversant with the requirements of varied kinds of customers. English is widely used here and language should be no problem. Besides the usual precautions like taking care of your valuables and sticking to the well-used lanes, there are few things that all newcomers to Chandni Chowk should know:

Walking is a good idea in Chandni Chowk. It's the best possible way to see all that it has to offer. Even though the main road may give you an impression of modern-day hustle and bustle, inside the katras, you will find a lot that needs to be taken in slowly. It's important to wear comfortable shoes when you come here.

If you do get tired of walking around, then you can hire a rickshaw (a tricycle pulled by a rickshaw walla) to take you into the narrow inner lanes. Chandni Chowk has a huge car parking facility at the Gandhi Ground. If you bring your vehicle with you, it can be parked here. Unfortunately it gets jam-packed by noon, so arriving in the morning will help. You should trust your own judgement when it comes to shopping and should beware of touts and agents. Bargaining is an accepted norm here but if you are aware of the prevailing rates, that shouldn't be any problem. Take receipts for all your purchases. Always carry a bottle of mineral water with you. A camera will help you capture the unique flavour of CC! Beware of beggars and even mendicants or anybody who approaches you for alms or donations. Keep your wallets safe, as you would anywhere else.

If you keep the above-mentioned guidelines in mind, there shouldn't be any problem.

### **Fun and Food**

The eating joints in Chandni Chowk are famous not only in Delhi, but all over India. Most of these date from the last century, some even earlier than that. Mute witnesses to time-induced changes in Chandni Chowk, they have managed to retain their essence and yet move ahead with the times. Here, with every bite one samples not only a delicacy but also a piece of history!

Handed down from father to son, many of these businesses are now being managed by the 4th or 5th generations. They include halwais (confectioners), namkeen (spicy savouries) shops, chaatwalahs and many others.

Quality is a top priority, with some even preparing their own spices and using only butter and pure ghee (clarified butter). More often than not, each shop has its own recipes (which are treated like family heirlooms) so that even though two shops may provide the same product, the flavour will differ.

Strapped for space, as the market is, there is a certain disadvantage, for one has to sit or stand in rather cramped arrangements. Yet, many shops have found ingenious ways to make the most of the space and have a clientele that keep increasing. People pour in to taste the mouth-watering delicacies that are on offer here.

Some of the more famous of these businesses are:

### **The Ghantewala Halwai**

It would be appropriate to start with the oldest sweet shop in entire Chandni Chowk. More than two hundred years old, the Ghantewala is a landmark in itself. The shop has always prided itself for the quality of the sweets available, the one most in demand being Sohanhalwa, made from dry fruits, sprouts and sugar.

'Ghanta' in Hindi means a huge bell. Legend goes that when the royal procession used to move down the road, the emperor would stop and be offered the delicacies from the sweet shop. The emperor's elephant would also be offered sweets. In a short time the animal came to know the shop so well that, procession or no procession, it would refuse to pass through the road and shake its head until the compulsory offering of sweets was made! The bells hanging from the elephant's neck would tinkle melodiously in the process, and from there the shop acquired its name.

There is another Ghantewalah Shahi Halwai near the famous fountain. Originally from the same family, the business has now been divided. This shop is also famous for its dry fruits, sohanhalwa, barfis and namkeens. An interesting fact - at present the shop is owned by the 11th generation!

### **Natraj's Dahi Bhalle**

A typical Punjabi delicacy prepared from Dahi (curd) and Bhalle (a doughnut shaped item made of ground pulses). Dating back to 1940, the shop also provides seating space and is patronised by many famous politicians and film stars.

### **Kanwarji Bhagirathmal Dalbhajiwallah**

More than 150 years old, this shop is well known for its namkeens like dalbhujji (fried pulses), aalu ka lachha (spicy fried potato sticks) and sweets like barfi and imarti. The shop is famous among the locals simply as 'Kanwarji'.

### **Chaatwallah**

Famous for its Chaat (fruit salad garnished with lots of spices and lemon juice), this tiny shop dates back to 1923. The fruits are fresh and the best that can be obtained from the market while the spices used are specially prepared.

### **Bikaner Sweet Shop**

Originally from Rajasthan (formerly a princely city, Bikaner is a famous tourist destination), the shop, till some time back, actually brought water and spices from there to prepare its stuff. It is famous for its rasmalai (a sweet made from milk and cream), bhujia and papar (sun-dried wafer thin accompaniments to meals).

### **Haldiram's**

Delicious, attractively styled Bengali sweets are the speciality here. The shop also offers namkeens. Dry fruits, sugar, almonds, cardamoms, citric acid and saffron is used in the preparation of the almond squash (a traditional North Indian drink) known as thandai.

### **Gianiji ka falooda**

Famous for its Rabri Falooda (milk starch and rice noodles served with crushed ice), the shop dates back to the time of India's independence. Extremely particular about their products quality, the owners manufacture their own ice from filtered water. Lately ice creams have also been included in the menu.

Near the Fatehpuri Mosque are two more famous confectioners – 'Meghraj and Sons' and 'Chainaram'. The former dates back to more than a 100 years whereas the latter was established in 1948. Both shops offer exotic Indian sweets and other fried foodstuffs.

### **Major Places Of Interest**

#### *The Red Fort:*

Red Fort was constructed in 1648 A.D. by the Mughal Emperor Shahjahan when he shifted his capital from Agra to Delhi. The fort, in those days lay right next to the River Yamuna (now the waters have receded to a distance of half a mile or so) and is surrounded by a wall of about 2.4 kms in circumference. ....

Though, the emperor himself called it 'Urdu-i-Muhalla', to the general populace it has always been 'Lal Qila' (because

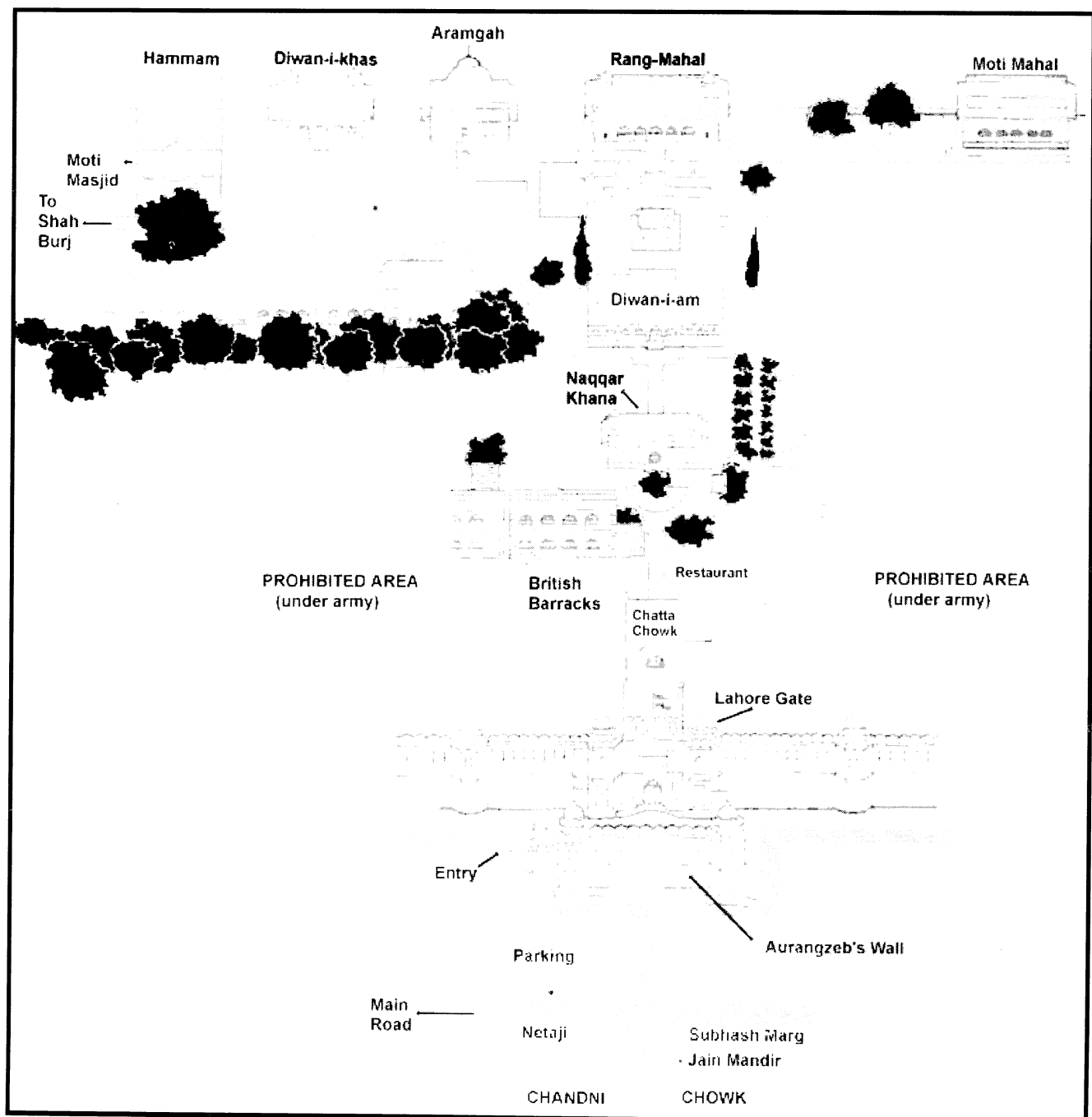
of its red colour). It became the meeting point for the talented poets, artists, artisans, craftsmen, philosophers and scholars who used to throng to the court in large numbers.

Among the chief buildings within the fort were the Diwan-i-Am (court hall), Diwan-i-Khas (king's private meeting hall), Mumtaz Mahal, Rang Mahal, Moti Mahal and Moti Masjid. All these buildings were like gems in a crown, graced with rich carpets and rare furnishings. It was during Aurangzeb's reign that the rampart was built.. This is where the Indian Prime Minister now hoists the National flag on Indian Independence Day every year.

#### *Chawri Bazaar:*

The Chawri Bazaar is one of the narrowest, busiest and most prosperous trading centres of Delhi today, where both wholesale and retail business is carried on in iron and hardware, paper, utensils of brass, copper and stainless steel. The word Chawri is derived from Sanskrit word Chawat, meaning a place where four roads meet. In Marathi, it means a place where people congregate for business, and where the Patel holds his court and settles all disputes. In the reign of Shah Alam II, a Chawri was established here by the Marathas to hold their court.

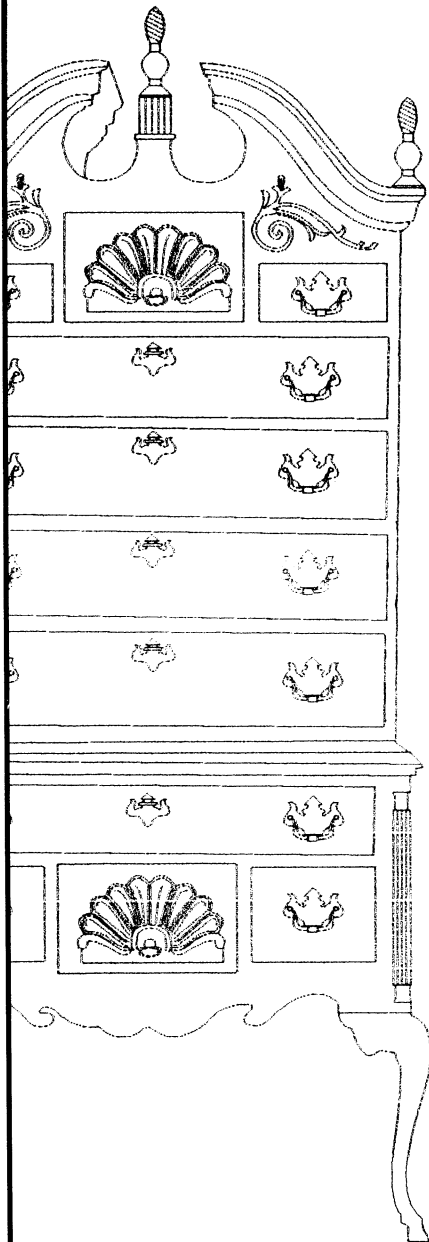
*Taken from <http://www.chandnichowk.com> - The Complete Information Guide*





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## Answer to Jackie's Quiz from Page 15

If you ask a man for directions he is most often inclined to give an "exact" answer such as: 'second road to the right, third left, and then a right after about two kilometers'. Women know their way much more by landmarks and will include those in their directions: 'turn right at the baker's and continue until you are at a statue; make a left and then turn right at the next traffic light.'

This phenomenon is caused by the male hormone testosterone. There are several arguments supporting the role of testosterone in spatial insights and related abilities.

- Men have a higher testosterone level in their blood than do women; they score better on assignments requiring spatial insight and abilities.
- In women testosterone is produced in the ovaries, much of which is then further processed into estrogens. Women suffering from Turner syndrome have no testosterone production at all due to the absence of ovaries. They score lower on spatial insight and ability assignments than women who do not have this syndrome.
- In another syndrome that can afflict women, congenital adrenal hyperplasia (CAH), large amounts of testosterone-like androgens are produced. Such women score higher on spatial insight and ability tests.
- Finally, in general women who have a relatively high testosterone level in their blood score better on spatial tests than do women with a relatively low level of testosterone.

The correct answer is therefore B.

## COMPUTER TIPS

### Clean Mice Are Happy Mice

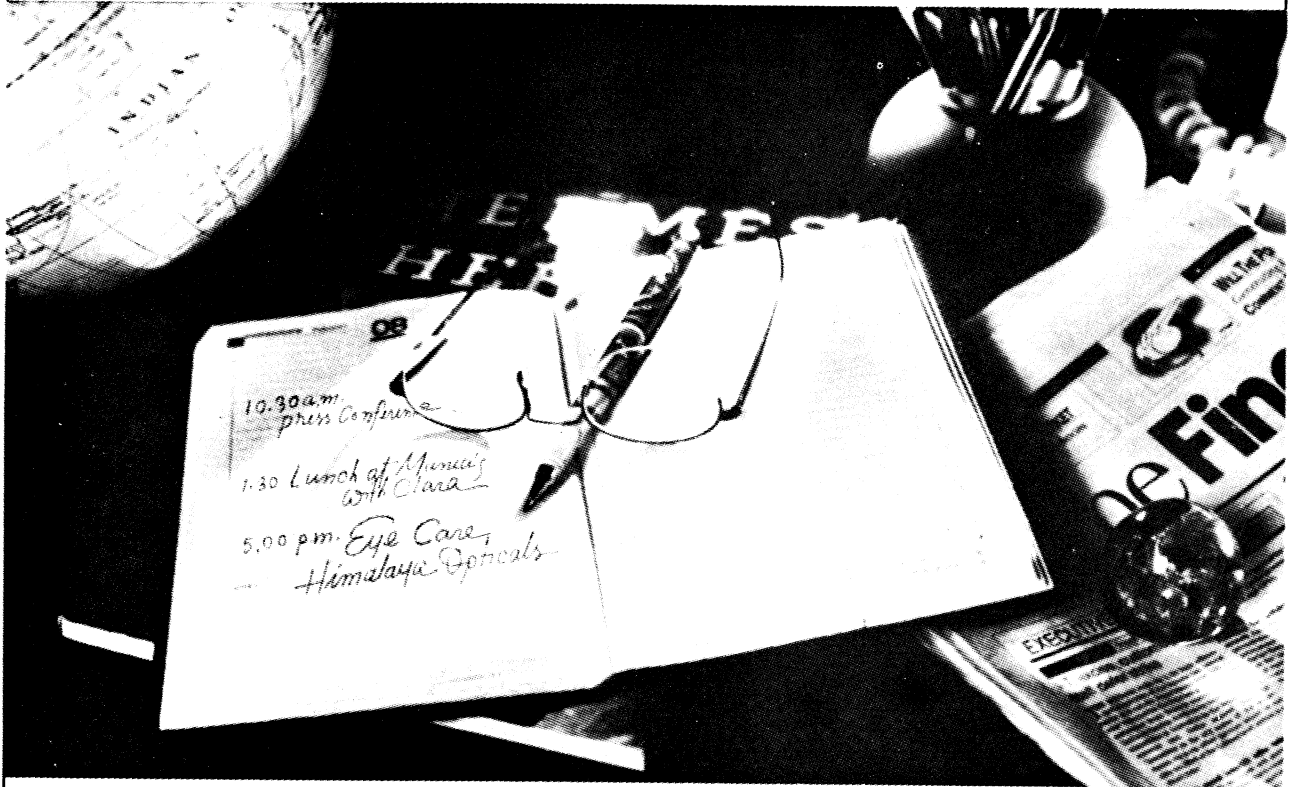
Does your mouse act a little "jumpy" sometimes? It may be due to excess dirt trapped inside of it. As mice roll along, the little ball tends to grab tiny bits of grime and deposit them inside your mouse.

For this reason, it's a good idea to take your mouse apart from time to time and clean it. Fortunately, this doesn't require the use of a scalpel or other surgical implement.

All you do is flip the little bugger over and remove the ball. Most balls come out by twisting a little "ball retainer" on the bottom of the mouse. In fact, most mice have arrows on them to facilitate easy extraction.

Next, carefully blow out / clean out the dust and debris that has gathered in the little ball cavity. Then replace the ball.

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Archana Shopping Arcade,  
New Delhi-48. Ph: 6223736, 6432153.

### Mayur Vihar-1

101, Pratap Nagar, (Opp. Pocket-IV),  
New Delhi-92, Ph: 2258815.

### South Extn. Mkt. Part-II

E-31, 1st Floor (Above Kalamandir),  
New Delhi-49, Ph: 6258578, 6253328.

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# Have Your Say

## BEWARE!!!

OF A SERVANT NAMED VED PRAKASH WHO CLAIMS TO BE A COOK-BEARER. HE STEALS, HE IS PIMPING, HAS PROSTITUTES AND BOYS HE IS OFFERING FOR MONEY. HE CHEATS WITH MONEY GIVEN FOR SHOPPING AND STEALS ALCOHOL, REPLACING WITH WATER.

IF YOU NEED FURTHER DETAILS, CONTACT BRIGITTE RASLER ON 98100 30587.

**BRIGITTE RASLER ALSO WARNS EVERYONE TO BE CAREFUL WHEN DEALING WITH A TAILOR AT KHAN MARKET – CALLED GROVER TAILORS. SHE HAD A BAD EXPERIENCE WITH HIM AFTER SEVERAL FITTINGS, ONLY FOR THE DRESS TO BE TOO TIGHT AND NO APOLOGIES WERE GIVEN, ONLY A REQUEST FOR PAYMENT. SHE FOUND HIS SERVICE TO BE EXPENSIVE AND UNPROFESSIONAL.**

## REAL ESTATE AGENT.

I would like to recommend Mrs Kanchan of Metro Estates, contact her on: 410 8551 / 410 6993 or cell: 9810059291

Mrs Kanchan helped us enormously with our apartment. She was very reliable, professional and knew exactly what we expected in a house. Nikki Collett 415 4093.

## A WARNING ABOUT USING VOLTAGE STABILIZERS

This is a warning to people new to using voltage stabilisers, as many of us are.

I recently had a stabiliser burst into flames and fill my house with black smoke. Luckily I managed to switch off the plug and drag the offending piece of molten remains outside, however it gave me one hell of a scare.

I later found out that you might need different stabilisers for different pieces of equipment. Washing machines draw a lot more current than say, a fridge or TV. Please check that you have the correct stabiliser, not only could it be very dangerous, it could ruin your very expensive electrical equipment.

One other thing this incident highlighted was, that I was not equipped to fight an electrical fire. Consequently one of my few towels died for the cause!

Nikki Collett 415 4093.

## Short and Sweet "Vacation"

I just had a great short vacation with my mother-in-law and aunt-in-law in Agra/Jaipur--the regular tourist route.

We stayed at the Mughal Sheraton for a great rate--Rs 3,999 for 3 days/2 nights with breakfast included. On other meals, a 30% discount is offered and there's 50% discount in the beauty salon! It is VERY child friendly, with a nice playground, pool, and puppet shows every night. I left the kids with Dad and had a nice massage and manicure... The rate is valid until 31 March, but Spring rates are available too. They also have nice Honeymoon/Anniversary packages. Contact the Sheraton for further details at 614-1821, ask for the "Welcombbreak" Joan Mitchell

**PLEASE DO NOT TAKE A PUPPY OR KITTEN IF YOU CANNOT TAKE IT WITH YOU WHEN YOU LEAVE DELHI. IT IS CRUEL AND CAUSES UNTOLD SUFFERING.**

**KIM DRNEC**

This column is prepared by "word of mouth". Delhi Network does not endorse any of the services or products described.





# THE AWA AND THE DELHI NETWORK COOKBOOK IS ALMOST HERE!!!

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CONTRIBUTED IN ANY WAY FOR HELPING US MAKE IT  
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AND HOPE ALL YOU COOKS OUT THERE THINK SO  
TOO!!

THE COOKBOOK COMMITTEE

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**Crossweb** welcomes you in the new millennium with latest computer software for children aged 3-13 years. As we all know, computers are an integral part of the learning environment today. We are aware of the present day needs of children, and accordingly offer the following:

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- ♦ Encourage them to learn **social skills**, i.e. **sharing, co-operation, understanding**, etc.
- ♦ Inculcate **confidence, self-esteem** and **independence**.

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- Our caring well-qualified counselors have patience and love for children. Their experience in working with and handling children is appreciated by the parents.
- They cater to the individual's educational need of each child on a one-to-one basis;
- Our counselors take personal interest in the learning activities of every child. Their progress is monitored regularly with reports written after each class.

## GOOD NEWS FOR ADULTS

**CROSSWEB** also offers to teach the following courses:

**Word Excel Powerpoint Learning Windows 98**  
**Surfing the Internet and Sending & Receiving E-mails.**  
**Maintenance and Servicing of computers also available**

Please Contact Us at: B-9/11 Vasant Vihar, New Delhi 110057.  
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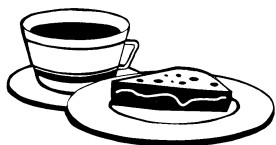
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# Something to do



## ***Newcomers***

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.

## ***Navjyoti-Delhi***

### ***Police Foundation***

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

## ***DCWA***

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Kathy Pritchard on 686-2245 for details

## ***Glow***

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Sasha Moss 680-1514 or Serita Kakar 461-9627 for details.

## ***Delhi Christian***

### ***Fellowship***

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

## ***United Nations***

### ***Women's Association***

Offers a varied programme of informative and social activities, and supports a kindergarten for under-privileged children. For details call Sherine on 696-0233 or Jill on 687-9685.



## ***Tushita Meditation***

### ***Centre***

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

## ***Yoga***

- ♦ Experienced teacher who has been recommended by several expats, will come to your home. Call Raju on 617- 6290 between 12 and 3 pm.
- ♦ Yogesh Kumar, phone 623-3996  
Pager 9632-122692.

## ***Needlenuts***

Group meets

Thursday 9.30-12.30

in different homes each week. Come

and go as you please, work on

what you like. Call Lynn

Moss on 621-5065



## ***Patchwork & Quilting Group***

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 556-5569.

## ***Patchwork & Quilting: A Complete Course***

For more information call Phil Thomas on 556-5569.



## ***Babies and Toddlers***

To all Mums - feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.



## **Indian Cookery**

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

## **Mah-Jong and Canasta Classes**

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park. Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

## **Art Classes**

Gouranga Ghosh teaches drawing, water colour painting and other art techniques to individuals or groups in their homes.

Call him on 463 5035 or 464-0310.



## **Adult Education**

**The American Embassy School offers evening courses.**

**Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.**

**Spring session: Feb./March.**

**Fall session: September.**



## **Hindi Lessons**

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

## **French Lessons**

By a French national and graduate of Sorbonne-Paris University. Beginners or advanced levels. Call Anne Chaymotty-Devayani on 463- 6772, fax 463-3404.

## **French speaking**

Femmes Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Catherine Walden on 680-2175 or 98100 74100.

## **German Conversation Group**

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

## **Spanish Lessons**

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching

Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities.

Y-10 Green Park, behind McDonalds, phone 696-8016, 8043



## **Piano Lessons**

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.

## **Scottish Country**

### **Dancing**

Thursdays 8pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207



## **Dance and Fitness Centre**

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.



## **Silk Painting**

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.



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# SPORTS



## Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community Liaison Officer (CLO) at the British High Commission on 687 -2161



## Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.

## Bowling



Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf Ali Marg, Vasant Kunj); and First Bowl at 32<sup>nd</sup>

Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

**Delhi Tourism (3314229) provides facilities for:**



## Cycle Tours

Amar Jeet Singh 336-5358, 336-3607  
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## Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.



## Rock Climbing

At the Adventure Park, Lado Sarai natural rocks. 9 am to 1 pm, September to December. Rs. 55 per head per day.

Rock climbing can also be done at Indian Mountaineering Foundation (IMF), Anand Niketan which has 3

artificial walls built to international specifications.

Rates: Casual, Rs. 100 per day (including equipment and instruction). Annual, Rs. 300 plus Rs. 30 per month (including equipment and instruction).



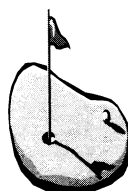
## Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



## Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



## Golf

Delhi Golf Club

Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235

The Meadows Golf Course, located on Sohna Road, near Gurgaon. ,  
Tel: 687-2274



## Polo

Army Polo & Riding Club, Tel: 569-9444/555

The Indian Polo Association,  
Tel: 301-5604

Polo Season: October-February



## Tennis

Delhi Lawn Tennis Association, Africa Avenue, Telephone 617-6140 or 619-3955

Also:

Ladies Open tennis meets Tuesdays and Thursdays from 8.30-11.30 at the American Embassy School courts. Call Ruth on 463-6594 for details.



## Sailing

Defence Services Sailing Club,  
Tel: 301-9604



## Shooting

Dr Karni Singh Shooting Range, Surajkund Road, Tel: 698-6802

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.

# SERVICES

## ANIMAL SHELTER/VETERINARY HOSPITAL

Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114.

## BEAUTIFUL FRAMES

Antique Kashmiri Jamawar, Kani and Embroidered Pieces Artistically Framed to Grace Your Walls — also—Hand Done Kashmiri Scarves and Stoles Artistically Executed to Grace Your Being.

Vidhu Ganjoor and Buzz Burza, Kashmiri Art Forms, 34 Gagan Vihar, New Delhi 51, 220-9129 or 223-0415.

## BEAUTY CARE

**Conchita Wagner-Moral** has 20 years experience in the beauty field all over the world. She has just opened an exclusive salon where you can have any of the latest treatments from Europe, from waxing to non-surgical face-lifts. Call Conchita at 683-2703 or 683-5105 for a free consultation.

## CHICKEN

**MESH** - Maximizing Employment to Serve the Handicapped - is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048



## ENGLISH/SPANISH/ENGLISH TRANSLATOR

— Call **Esther Premkumar**, A-10 Anand Niketan, on 688-7397, email [esther@satyam.net.in](mailto:esther@satyam.net.in)

## FOOD AND DRINK

**Kingsbarn** is a leading name in the UK for exports of top quality goods and services to embassies and expatriates. For further details, contact Kingsbarn at 649-7025.



## FURNITURE

Visit **Rhonda Williams'** Fusion Design Furniture Showroom for furniture for your home, office, garden and pool. Traditional European style sofas, chairs, beds, tables, desks, cabinets and more are available. Special orders to meet your specifications will be undertaken. Visit our showroom at 28 B/7 Jia Sarai (near IIT) between 11 am and 3 pm Monday to Saturday, or call for an appointment: 685-3460.

## HAND MADE STATIONERY

Greens 'R' Us makes unique hand designed stationery on hand made paper using ferns and flowers. Each piece is individually crafted by Renu Gupta. The range of gift items also includes photo frames, albums, wall hangings, trays, and lots more.

7 Western Avenue, Maharani Bagh, Phone 683-5305, 683-3766

## JEWELLERY

**Risham Chawla** makes unique jewellery either to your design or hers with semiprecious stones, glass, ceramic and silver beads and finished with good quality fittings. Call Risham for details at 649-7025.

## MASSEUSE

**Laxmi** has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609.

## PET CLINIC

12 Noon -2pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Servant's Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact Mary Oliver/Cheryl McCarthy on 419-8000 ext. 8356 during working hours. Some pet items are available.



## SERVANTS REGISTRY

Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:

- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).

Call for further details or with questions on 419-8000, ext. 4131. If you are leaving and need help writing a reference letter, come by and see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.



For Delhi Network Members  
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## INDIAN BLURBS FROM BUZZ BURZA

### Zaffier's New Coat

I first met Zaffier Ahmed in Gwalior on Diwali in 1965. He was the cook in the Peace Corps household that awaited me. "Salaam Sahib" was the cook's opening gambit to which I replied, "Salaam Sahib".

All of his cooking life had been spent as a pukka *khansama* working for a succession of foreigners. He acquired skills and recipes to concoct an international cuisine which would equal that found in any five-star hotel. That first Diwali feast provided a taste of things to come. Although it was *Angrezi* in content and style, he would quickly prove equally adept at foods from anywhere. The appetizer was a liver pate, followed by cream of onion soup. Then came the roast, garnished, sliced and arrayed in the best of fashions. Ditto the potatoes which were au gratin accompanied by two vegetables. The rolls were handmade as was the piece-de-resistance at the feast's end; a deftly decorated cake especially made for the occasion.

Our kitchen's reputation had long been established as the place to eat for other Peace Corps volunteers. At that time there were three of them teaching in local schools, constantly turning up in search of an alternative to their hostel's hostile food. There were several other volunteers stationed nearby who were always passing through for the grub as well as companionship. This soup kitchen we were running was a financial drain. Based on the Yankee truism that there is no such thing as a free lunch, I worked out a simple tariff. My room-mate Earl and I had a monthly allowance of Rs.300 each. Earl agreed

that these monthly allowances had better uses than feeding our friends. Of course, our guests howled when we began charging them but they had no alternative. Besides, they loved and respected Zaffier as much as we did.

Then one day we hit upon the idea of an Id gift for our cook: a new coat. Zaffier was thrilled. The three of us set out for the cloth bazaar. One thing led to another: this fabric wasn't so good; there was something better over there; that lining was lacking; this lining was much more fitting; and so on. Finally everything was acquired at a cost substantially more than we'd planned for. But I knew that our 'restaurant's' patrons could be counted upon to cover the cost. It proved worth every paise when we showed up at Zaffier's masjid on Id. He looked resplendent in the new coat, every inch the nawab he deep down really was.

Zaffier's first son had just been born and ours was the last household to be graced with his culinary expertise. He wisely opted for developing the emerging double roti market to have a fitting occupational legacy for his son. The coat remained packed away for those special occasions.

In 1969, I passed through Gwalior to find both the coat and bread routes were fine. In 1987, I spent four months living with a long-retired Zaffier. His son and helpers handled the bread. The coat, worn but serviceable, was packed away, awaiting the special occasion. Now, Zaffier is long gone, but the coat remains, still packed, waiting.

*Published in The Times of India 1/2/99*

### American Embassy School Spring Adult Education Program

The American Embassy School is offering the following courses as part of the Adult Education Program. Brochures are available at the School Reception.

The following courses have begun, but places are still available:

Indian Cooking	Ballroom Dance for Beginners	Photography
English for Beginners	English for Intermediate Level	Hindi for Beginners
Hindi Intermediate Level	Pottery – Japanese Raku	Yoga for Beginners

Most classes are in the evening, with English and Hindi also having morning sessions; and Ballroom Dancing which is at 3.00 pm.

Fees are \$US100, apart from Ballroom Dancing which is \$75 for couples and \$50 for individuals.

The following courses have not yet begun and will be offered once there are a minimum of 5 participants registered:

Art	Seven Cities of Delhi	Music Appreciation
Pottery – Advanced	Hindi and English classes at different times and days of the week than above	

Fees are \$US100 apart from Art which is \$80

# INDIAN MYTHOLOGY

Indian Mythology is one of the richest elements of Indian Culture, which enriches it further and makes it a unique one in the world. Through generations, different stories in Indian mythology have been passed from generation to generation either by word of mouth or through carefully stored scriptures.

This page will endeavour to bring forth the different elements of Indian mythology by a myriad of articles and stories, which not only make educational reading but also make a good source of recreational reading. These stories, which form the backbone of Indian mythology, are a great medium for people especially parents to inculcate interest in Indian culture in the younger generation and to impart values of Indian culture to them. The interesting aspect of the stories in Indian Mythology is that they are usually meant to convey subtle facts, rules and maxims to guide our daily lives. Who doesn't enjoy a well-written story? A key point to note is that there are usually multiple stories explaining the same fact or occasion or festival. So each version is right in its own merit. This is a result of the natural evolution the stories might have gone in the process of being handed over from generation to generation for centuries.

## THE STORY OF KRISHNA

KRISHNA, one of the avatars (incarnations) of Vishnu is the most glamorous and talked-of character in Indian mythology. Starting from the tales of his amorous acts with gopikas and Radha, to his story of valour and wisdom in the battles with Kamsa etc. and his great preachings to Arjuna in Bhagvad-Gita. The story of the birth of Krishna goes as follows:

Once upon a time there lived an evil, wicked and ambitious king by name of Kamsa in Mathura. He plundered the kingdom left and right and lawlessness prevailed in his state. On one of the days a heavenly prophecy from the sky came and echoed, "Kamsa! Your end is near! The eighth son of Devaki, your sister, will be the one responsible for your death."

Kamsa was enraged beyond control and imprisoned Devaki, his sister and Vasudeva her husband. Then he killed every child of the couple as they were born. But just the midnight when the eighth child was born, the skies roared and Lord Vishnu advised Vasudeva to take the child across the river Yamuna to the other side to the village of Gokul and exchange with the daughter of Yashoda in Gokul, who was born on the same day. Vasudeva accordingly put the child in a basket, and as he went out the doors of the prison parted for him as if in a magic. The river parted into two to allow for Vasudeva to cross. Vasudeva then crossed into Gokul and exchanged his son with the daughter of Yashoda who was born the same day and came back. The baby uttered cries which awakened Kamsa, and then happily he went to the prison chamber and snatched the girl baby and as he lifted her in the air, the baby, who was an incarnation of the Devi herself, laughed in glee "Kamsa, your real enemy is still alive. The son of Devaki is alive and well and will come back to kill you", and then disappeared. Kamsa was outraged beyond wits and started a killing spree of all boys at that age in his kingdom. It was a terror outbreak.



Krishna led a very pampered and amorous life in the Gokul, along side thousands of gopikaas, the cowherdresses who were all enthralled at his beauty and were thrilled whenever he played the flute. There are numerous playful instances of Krishna, playing mischief with the gopikaas including breaking their butter pots. Many poets, literarians have described these amorous and mischievous acts as Raas-Lila of Krishna. Among all the gopikaas, one Radha was special to Krishna. There are numerous amorous tales of Radha and Krishna together. Krishna is also known to be a very mischievous child who annoyed Yashoda a lot. A lot of dohas (poems) described by Mirabai, an ardent devotee of Krishna, are very popular which describe the naughty acts of Krishna. Among them the one titled "Maiya Mori Main nahi makhan khayao" is an all-time favourite. It describes the excuses which Krishna gives to his mother Yashoda explaining that he was not responsible for stealing of the butter from the gopikaas.

**The deadline for the April newsletter is Thursday April 6, 2000**

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